

# Wolf Pack WARRIOR

Vol. 18, No. 11

8th Fighter Wing, Kunsan Air Base, Republic of Korea

March 28, 2003



## Road to the ORI

Learn about the Code of Conduct, facility closures and the threat

See page 4

## News Briefs

### Wolf Pack F-117 open house

Members of the Wolf Pack are invited to see an F-117 Nighthawk noon to 2 p.m. Monday at the alert aircraft facility near Foxtrot Battery. The location is a regular stop on the base shuttle route, and dedicated bus transportation is available from the community center.



Air Force photos

### Six airmen die in helo crash

An Air Force HH-60G Pave Hawk helicopter crashed near Ghazni, Afghanistan, Sunday, killing all aboard, said Combined Joint Task Force 180 officials at Bagram Air Base. Killed in the crash were: 1st Lt. Tamara Archuleta, co-pilot; Staff Sgt. Jason Hicks, aerial gunner; Master Sgt. Michael Maltz, pararescueman; Senior Airman Jason Plite, pararescueman; Lt. Col. John Stein, aircraft commander; and Staff Sgt. John Teal, flight engineer.

### AF offers war news Web site

The Air Force has a special Operation Iraqi Freedom Web site highlighting the service news and photos from forward-deployed locations covering Air Force support of the war in Iraq. The site is in addition to daily Air Force-wide news featured at [www.af.mil](http://www.af.mil). The site address is [www.af.mil/news/ops-center/index.shtml](http://www.af.mil/news/ops-center/index.shtml)

### 'MAXIM' seeks military letters

"MAXIM" magazine wants to publish letters from military members serving in remote locations in the May, June and July issues. They would like members to write about topics and experiences of their choosing. 8th FW/PA will submit the top three letters as selected by the leadership. Letters must be in good taste and no more than 500 words. Suggested topics include, what it is like to serve in Korea, any unique experiences with local culture, or how serving here may have changed your perspective on being an American. Submissions must be received by April 4 and should be emailed to: [8fw.pa@kunsan.af.mil](mailto:8fw.pa@kunsan.af.mil).

### Reserve promotes 776 to major

Air Reserve Personnel Center officials selected 776 captains for promotion to major Tuesday. The officers were selected from the 2004 Air Force Reserve line and health professions major promotion selection boards held at the center.



Photo by Master Sgt. Thomas Deering

**STAR TREATMENT:** Gen. Leon LaPorte, commander of the United Nations Command, Republic of Korea/United States Combined Forces Command and United States Forces Korea, gets an inside look at the F-117A Nighthawk during at visit to Kunsan Saturday. The aircraft are in South Korea to support Foal Eagle 2003.

## Air war turns to republican guard

By Staff Sgt. C. Todd Lopez  
Air Force Print News

WASHINGTON — As the U.S.-led war against the Iraqi regime nears the one-week mark, officials from U.S. Central Command said March 25 that coalition air forces have begun narrowing their focus.

Maj. Gen. Victor E. Renuart Jr., CENTCOM director of operations, told reporters during a press briefing at the command's forward headquarters in Qatar that air power forces would redirect their attention to the most elite of Saddam Hussein's military units.

"The air component will fly over 1,400 combat and combat support missions over Iraq today, paying particular attention to the Iraqi republican gard," Renuart said. "We will also focus on key regime command and control facilities."

In northern Iraq, Kurds have expressed concern about the use of chemical weapons by the Iraqi republican guard and regular army units.

Renuart explained that coalition air forces are expending "a fair amount of energy" in an attempt to destroy anything that would adversely affect the Kurds in that region.

"Things like multiple-launch rocket systems have been key targets for us in the areas occupied by the regular army and republican guard units in the north," Renuart said.

Cumulative efforts to deal with the republican guard elsewhere have also proven effective, Renuart said.

"I think we are having a substantial effect," Renuart said. "There are a number of pieces of tanks and artillery pieces and those sorts of things being destroyed. That's happening in hundreds of sorties every day. I think what you will see in the end is that many of those tank revetments are filled with junk, because of the precision and the ability of the air power."

The effects of the weather have been somewhat of an obstacle in the coalition's efforts to destroy republican

**"I think what you will see in the end is that many of those tank revetments are filled with junk, because of the precision and the ability of the air power."**

— Maj. Gen. Victor Renuart Jr.  
Central Command Director of Operations

guard targets. Renuart explained that the dynamic nature of the coalition forces have allowed them to overcome that obstacle.

"Weather has an impact on the battlefield with high winds, rain and thunderstorms," Renuart said. "Certainly the weather and the blowing sand does effect the [Apache helicopters], but this is an integrated, a synergistic approach. We have the flexibility to be able to refocus additional airpower that can use the kinds of precision weapons that are not hampered by the weather in order to continue to strike these targets."

"While we may not have

helicopter pressure or ground pressure at a particular point on the battlefield, we continue to balance special and air operations on that force," Renuart said.

Additionally, the wide disbursement of the republican guard has not proven to be too great of a challenge, Renuart explained.

"In terms of forces being spread out, certainly they are displayed in a wide area," he said. "On the other hand, we have the most sophisticated intelligence, surveillance and reconnaissance in the world. It is working well to give us those locations and allowing us to continue to target."



## AF leaders send message to troops

The following is a joint message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper:

“As our nation calls upon its armed forces to meet this next challenge in the war on terrorism, the men and women of the U.S. Air Force will play a pivotal role in striking our enemies, defending our coalition forces, and protecting our allies. As you have always done, you will perform your duties with honor, and with the knowledge that our nation's security depends upon the excellence and professionalism of every airman in our Air Force.

“Ours is the greatest joint warfighting force ever assembled, and our nation is blessed to have over 700,000

active, Guard, Reserve, and civilian airmen taking the battle to the enemy and securing our homeland. You, the brave warriors who voluntarily risk your lives to protect our values and way of life, are the reason we will prevail in this fight. The American people have the utmost confidence and trust in you, they support you, and are proud of your dedication. We couldn't be more proud of your service, and are both honored and humbled to lead this force.

“In this time of conflict and great sacrifice, the admiration, thoughts, and prayers of our entire nation are with you and your families. Do your duty to the best of your ability and we will secure victory, for the sake of our nation and freedom-loving people around the globe.”

*“In this time of conflict and great sacrifice, the admiration, thoughts, and prayers of our entire nation are with you and your families.”*



## Action Line 782-5284



Col. Guy Dahlbeck  
Commander, 8th Fighter Wing

*The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can't be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.*

AAFES Customer Service.....	782-4426
Area Defense Council.....	782-4848
Base Exchange.....	782-4520
Chapel.....	782-4300
CES Customer Service.....	782-5318
Commissary manager.....	782-4144
Education Office.....	782-5148
Dining Hall.....	782-5160
Fitness Center.....	782-4026
Golf Course.....	782-5435
Housing Office.....	782-4088
Inspector General.....	782-4850
IDEA Office.....	782-4020
Law Enforcement Desk.....	782-4944
Legal Assistance.....	782-4283
Military Equal Opportunity.....	782-4055
Military Pay.....	782-5574
Military Personnel Flight.....	782-5276
Medical Patient Advocate.....	782-4014
Network Control Center.....	782-2666
OSI.....	782-4522
Public Affairs.....	782-4705
Telephone Repair.....	119

### Put it out!

**Q:** During the newcomer's briefing, the Wolf Chief said that people aren't supposed to walk and smoke while in uniform. The other day, I was walking to the dining facility for breakfast and saw a person in uniform riding a bike and smoking. What is the wing policy on this?

**A:** Smoking while riding a bike in uniform is not allowed. This will be added to the Kunsan community standards.



**Wolf Pack Radio 88.5 FM**  
Weekdays — 5 to 10 a.m.  
Request Line 782-4373

## CSAF shares thoughts on Corona South

Our Air Force's senior leadership gathered at CORONA South 2003 to address the complex issues facing our Service — increasing deployment demands and home station tempo, contingency planning, and the challenges inherent in managing our aging systems and infrastructure. With common purpose, we focused our attention on those essential areas that make us the world's dominant air and space power.

### Leadership Focus

It's important that every leader thoroughly understands, reviews, and communicates the significance of their unit's responsibilities and requirements to total Air Force success. That's why our senior leaders spent the entire first day of CORONA South 2003 attending the Senior Leaders' Maintenance Course (SLMC). We want to ensure that every airman, from our junior-most enlisted to our senior-most leaders, fully understands the vital relationship between the two equally demanding fields of maintenance and operations. This enabled us to reinforce the importance of the Combat Wing Organization at the senior leadership level, a vitally important effort to refocus our operators on being the premier employers of air and space power, while allowing our maintainers to develop the skills and expertise levels necessary to generate the highest sortie production rates possible.

Our expeditionary force continues to provide world-class capabilities to joint operations; however, we need to continue to ensure we present our forces smartly. As taskings and operations emerge, the structure and tracking of unit type codes (UTCs) becomes a key linchpin to senior

leader management of their forces. New battle rostering tools will be established throughout the force to enable leaders at all levels to properly train, equip, and track their own forces prior to and during any contingency or tasking.

While we continue to examine how we train and provide our forces to meet joint and deployment requirements, we must also review the policies and processes of how we manage our forces internally. We spent considerable time addressing "stressed career fields," our number one force management concern. We are reassessing the basic structure, assignment, and training of the most stressed career fields and are reviewing and making determinations in the basics of who should fill, how we fill, and how we fix undermanned career fields. This is an on-going effort, but one in which we are making progress.

### Making It Work

Leaders at every level, from headquarters through squadron, must clearly communicate the AEF story -- every airman, officer or enlisted, must understand the basics of the AEF and its cycle and instill the expeditionary mindset in everything we do. "Expeditionary" is our normal state of operations and everyone must continue to embrace this reality.

But we've discovered the word still needs to get out. Communications remains a leader's most critical tool and commander's calls are a key conduit for getting the word out, from wing through squadron levels. But we encourage all leaders to consider other methods too. Our airmen are brave, disciplined warriors, whether in the field or in CONUS. We need to ensure they understand how absolute-

ly critical they are to our mission and the security of our nation. We must also keep the lines of communication to our external audience open as well. As we engage with them, it's important that we maintain a culture of honesty and trust and follow our core values.

As we standardize our air operations centers (AOC) worldwide, it's important that we strive to standardize our training. Many career fields can be comparably trained regardless of location, allowing for continual flow of qualified people into AOCs. All commanders should look closely at the proper training and management of their airmen. For instance, we looked at how our Functional Area Managers (FAMs) are trained and supported. Since the current FAM structure is a Cold War construct swept up into today's AEF construct, a thorough review of FAM training and manning must occur. We have begun the process. No organization or group can successfully support the expeditionary mentality without having the proper structure or tools. And no one will be left behind.

### Conclusion

Our men and women are doing tremendous work in spite of the myriad of challenges before them. We owe it to these fine airmen to ensure they have the tools to do their jobs. Whatever our future holds, our outstanding, well-trained, and the well-equipped warrior airmen will guarantee our dominance as the world's premier air and space power.



### MONTHLY SORTIE GOALS

Unit	Goal	Flown
35th FS	398	410
80th FS	407	357
8th FW	805	767



### REMEMBER ATSO

All personnel must keep their 8th Fighter Wing ATSO Guide with them at all times during the Operational Readiness Inspection!

## Wolf Pack focuses on preventing sexual assault, harrassment

By Staff Sgt. Kelley Stewart  
8th Fighter Wing Public Affairs

Even before the news of the alleged sexual assaults at the Air Force Academy became the focus of senior Air Force officials, organizations from the 8th Fighter Wing were already working on developing a stronger sexual harassment/assault prevention program.

This new program will consolidate briefings given on the same subjects by a variety of organizations.

The Air Force's policy on sexual harassment is zero tolerance.

Being at Kunsan isn't an excuse to forget this either — it's the exact opposite. "It is a mandate that supervisors pay even more attention to what is said in their shop and that conduct on and off duty is of a professional manner," said Capt. Chris Chesser, MEO chief.

If a sexual harassment complaint is handled at the lowest level, there usually isn't any punishment as long as the person doesn't violate the policy again. However, if it's taken up the chain of command, the individual squadron commander determines the type of punishment to be received. This punishment can range from a letter of counseling to a Uniform Code of Military Justice violation.

"If they come through us and lodge a formal complaint, it still goes through the commander," said Staff Sgt. Monique Lege, military equal opportunity advisor. "By [Air Force Instruction] we have 20 days to handle their complaint. Sometimes it takes more time and sometimes it takes less."

The last formal complaint filed with MEO here was in March 2002, and it wasn't related to sexual harassment.

"However, that doesn't mean there haven't been complaints," Chesser said. "In an average six month period, we'll typically speak with about 10 individuals who have some type of gender related issue."

These issues may range from a question on how to deal with a supervisor or subordinate to an informal complaint to a commander directed investigation.

If a person feels they've been sexually harassed or assaulted, there is always the chain of command to go to for help. "They can go to their supervisor, coworker or anyone they choose," Lege said. "As far as sexual assault goes — their number one resource is to go to the police."

Other offices people may go to include the

### Sexual assault has severe consequences

By Maj. Mark Allison  
8th FW Staff Judge Advocate

At Kunsan in 2002, two airmen were convicted of rape. Both received dishonorable discharges, reduction to the lowest enlisted rank, total forfeiture of pay and confinement.

In both cases, the perpetrators preyed upon female victims who were incapacitated due to overindulgence of alcohol.

The victims had left their dormitory room doors unlocked, and were unable to physically resist the perpetrator's advances. However, neither of these cases could be described as "violent." Indeed, due to the alcoholic stupor of the victims, no violence was necessary to complete the act.

In one case, the victim knew the rapist and had been drinking with him earlier that night.

Rape is defined as an act of sexual intercourse by force and without consent. When a victim is incapable of consenting because she is asleep, unconscious, or intoxicated to the extent

inspector general, chaplain, life skills and a nurse. "Pretty much anyone you feel comfortable going to will help you — especially in the NCO ranks. They should be able to help you at least get to someone who can help you if they can't do it themselves," she said. "That's what we encourage. Go to someone who is going to make you feel comfortable, and on the other side of that, when someone comes to you with an issue, you need to help him resolve it. Point them in the right direction."

According to the Air Force Office of Special Investigations, there were four rapes reported in fiscal year 2002 and one for fiscal year 2003.

The most important thing people should know about sexual harassment and sexual assault is they have options.

"If you go to one person and they don't give you the response you're looking for, go to someone else," Lege said. "It doesn't have to stop if you're not satisfied with the answer or you're not satisfied someone has helped you. You can always go up the chain — including from our office."

Another important thing to remember is sexual harassment and assaults aren't just a "woman's" issue. "There is a perception that sexual harassment and sexual assaults are a women's issue," Chesser said. "Men are sexually harassed and men are sexually assaulted."

Following a few simple tips can help prevent you from being a victim of sexual assault. For example, don't drink to the point that you lose control of your situation. Go out with a wingman you can trust to look out for you. Lock the door to your dorm room.

"Look out for each other. Have a buddy system," Lege said. "Take care of each other."

Also make sure you're clear on what your partner wants or doesn't want. "Listen to that person. If that person says no, then the answer is no," Chesser said. "Your partner, at any point, can say 'let's stop.'"

"You have to respect that because if you don't you've crossed the line," Lege said. "That's when it becomes sexual assault."

To help incorporate these and other ideas into a curriculum to be taught to Wolf Pack members, the MEO office is looking for volunteers to help write lesson plans and to teach classes. MEO also is looking for people to be points of contact within their unit if someone has a question regarding sexual harassment or assault.

For more information or to volunteer, call 782-4053.

that she lacks the mental capacity to consent, the act of intercourse itself meets the "force" requirement under the law. It's no defense that the perpetrator may have also been drinking.

Rape is the worst form of sexual assault, and the Uniform Code of Military Justice provides for a maximum punishment of the death penalty. Between 1999 and 2002, fifty-two airmen and NCOs were convicted of rape, with sentences from six months to forty years of confinement.

Indecent assault, while not as severe as rape, is also a sexual assault. It carries a maximum penalty of a dishonorable discharge, reduction in rank, total forfeitures of pay and confinement for five years. This offense includes the inappropriate and offensive touching of another person. Such illegal touching often occurs in social settings, such as in the club or in a hooch. Victims should report this crime, and perpetrators will be prosecuted. Again, being drunk is not a legal defense for assaulting another person.

Clearly, the Air Force does not tolerate sex offenses. Committing a sex offense is a sure way to end your career and spend years in jail. It simply isn't worth it.



U.S. Navy photo

**SUPPORTING THE TROOPS:** A resident of Bellevue Wash., shows support for deployed troops during a rally hosted by Operation Support Our Troops Saturday. The mission of Operation Support Our Troops is to provide a process and forum for Americans of diverse interests, backgrounds and walks of life to come together and demonstrate to members of the armed forces and their commander in chief that they are supported and deeply appreciated for their service. According to Bellevue police, more than 9,000 people showed up for the peaceful rally.

## Operation Iraqi Freedom SECDEF: Air strikes not aimed at civilians

By Staff Sgt. C. Todd Lopez  
Air Force Print News

WASHINGTON — U.S. Defense Secretary Donald Rumsfeld lauded the air coalition's unsurpassed ability to avoid collateral damage during a March 25 press conference in the Pentagon.

Speaking directly to Iraqi civilians about the intent of coalition air strikes, the secretary said that there can be no mistake about the coalition's intent.

"By now you have seen and know that coalition air strikes are not aimed at you. They are aimed at the regime of Saddam Hussein," Rumsfeld said.

The chairman of the Joint Chiefs of Staff echoed those comments later in the press conference.

"The air campaign is continuing well," said Gen. Richard B. Myers. "We flew

nearly 1,000 sorties over Iraq [March 24], most against republican guard units, and conducted close-air support for the ground advancement in the south and the special forces in the west."

According to earlier reports by U.S. Central Command officials, similar air strikes were planned for March 25. Coalition forces intended to conduct more than 1,400 sorties against republican guard units and weapon systems that could be used to deliver chemical weapons.

According to Rumsfeld, there is no reason to believe the trend will not continue in the future.

"We have total dominance of the air," Rumsfeld said. "It is not air superiority — it is dominance. [The Iraqi military has] not put an airplane up."



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### Content

The editorial content is edited, prepared, and provided by the 8th Fighter Wing Public Affairs office of Kunsan Air Base, Republic of Korea. All photographs are Air Force photographs unless otherwise indicated.

### Submissions

Deadline for submissions to the Wolf Pack Warrior is 4 p.m. Thursdays for the next week's edition. Submission does not guarantee publication. The staff reserves the

right to edit all submissions to conform to Air Force journalism standards, local style, and the available publication space. Submissions should be e-mailed to wolfpackwarrior@kunsan.af.mil and include the author's name, rank and duty phone. Fax and typewritten submissions are also accepted.

### Contact Us

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We can also be reached by phone at 782-4705, by e-mail at wolfpackwarrior@kunsan.af.mil, or by fax at 782-7568.

INTEGRITY FIRST ◉ SERVICE BEFORE SELF ◉ EXCELLENCE IN ALL WE DO

## Road to the...

## OPERATIONAL READINESS INSPECTION

*Editor's Note: This is the seventh in an eight part series on readiness topics and Operational Readiness Inspection preparation.*

## OFFICIALS ANNOUNCE ORI FACILITY CLOSURES

### Closed April 8 to 11

- ☐ Community Center
- ☐ Skills Development Center
- ☐ Outdoor Recreation
- ☐ O'Malley Inn dining facility
- ☐ C-Pad dining facility
- ☐ Yellow Sea bowling center
- ☐ Fitness Center (closed April 7)
- ☐ Loring Club
- ☐ Commissary
- ☐ AAFES Main Office
- ☐ Base Exchange
- ☐ Military Clothing Sales
- ☐ Gas Station
- ☐ Special T's
- ☐ Flight Line Snack Bar
- ☐ Vending
- ☐ Mini Mall I
- ☐ Mini Mall II
- ☐ Barber Shop
- ☐ Beauty Shop
- ☐ Anthony's Pizza
- ☐ Theater
- ☐ Photo Shop
- ☐ Bicycle Shop
- ☐ TV Repair Shop
- ☐ Laundry/Dry Cleaning
- ☐ Surf Shop
- ☐ Coffee Shop
- ☐ Taxi Service
- ☐ AVIS Car Rental
- ☐ New Car Sales
- ☐ Flower Shop
- ☐ Shoe Repair Shop

### Closed April 4 to 11

- ☐ Loring Club
- ☐ Linen Exchange
- ☐ Golf Course
- ☐ Wolf Pack Wheels

### Off-limits to military personnel

The Jet Stream, library and Korean Gardens/pub are open throughout the ORI for use by IG team members, but are off limits to military personnel.



- ☐ Outdoor Recreation
- ☐ Library
- ☐ Golf Course
- ☐ Korean Garden
- ☐ Mulligan's Pub
- ☐ Fitness Center
- ☐ Bowling Alley
- ☐ Cable TV
- ☐ Loring Club, including free food and the officer's and enlisted lounges
- ☐ Commissary
- ☐ Base Exchange
- ☐ AAFES Office
- ☐ Military Clothing Sales
- ☐ Gas Station
- ☐ Special T's
- ☐ Mini Mall I
- ☐ Mini Mall II
- ☐ Barber Shop
- ☐ Beauty Shop
- ☐ Anthony's Pizza
- ☐ Burger King
- ☐ Taco Bell
- ☐ Theater

## CODE OF CONDUCT

### ARTICLE I

**I AM AN AMERICAN, FIGHTING IN THE FORCES WHICH GUARD MY COUNTRY AND OUR WAY OF LIFE. I AM PREPARED TO GIVE MY LIFE IN THEIR DEFENSE.**

### ARTICLE II

**I WILL NEVER SURRENDER OF MY OWN FREE WILL. IF IN COMMAND, I WILL NEVER SURRENDER THE MEMBERS OF MY COMMAND WHILE THEY STILL HAVE THE MEANS TO RESIST.**

### ARTICLE III

**IF I AM CAPTURED I WILL CONTINUE TO RESIST BY ALL MEANS AVAILABLE. I WILL MAKE EVERY EFFORT TO ESCAPE AND TO AID OTHERS TO ESCAPE. I WILL ACCEPT NEITHER PAROLE NOR SPECIAL FAVORS FROM THE ENEMY.**

### ARTICLE IV

**IF I BECOME A PRISONER OF WAR, I WILL KEEP FAITH WITH MY FELLOW PRISONERS. I WILL GIVE NO INFORMATION OR TAKE PART IN ANY ACTION WHICH MIGHT BE HARMFUL TO MY COMRADES. IF I AM SENIOR, I WILL TAKE COMMAND. IF NOT, I WILL OBEY THE LAWFUL ORDERS OF THOSE APPOINTED OVER ME AND WILL BACK THEM UP IN EVERY WAY.**

### ARTICLE V

**WHEN QUESTIONED, SHOULD I BECOME A PRISONER OF WAR, I AM REQUIRED TO GIVE NAME, RANK, SERVICE NUMBER, AND DATE OF BIRTH. I WILL EVADE ANSWERING FURTHER QUESTIONS TO THE UTMOST OF MY ABILITY. I WILL MAKE NO ORAL OR WRITTEN STATEMENTS DISLOYAL TO MY COUNTRY AND ITS ALLIES OR HARMFUL TO THEIR CAUSE.**

# PERSCO Wolf Pack team sup

**By Senior Airman Andrew Svoboda**  
8th Fighter Wing Public Affairs, Deployed

### TAEGU AIR BASE, SOUTH

**KOREA** — During wartime, personnelists take their operations out of the office and out to the flightline to provide a vital service by keeping accountability of all incoming and outgoing troops at a deployed location.

A small team of PERSCO (personnel support for contingency operations) troops was among 700 airmen, soldiers, sailors and Marines who recently deployed here to support Foal Eagle 2003.

"Being on the PERSCO team let's us show how we defend our country, something many people don't think we do because they think we just type," said Senior Airman Theresa Mensinger, Kunsan Air Base, Korea. "We also get to experience more things than people who only work in the MPF (military personnel flight)."

The PERSCO team has three main missions during a contingency: accountability, casualty reporting and personnel support. Mensinger and other PERSCO members met the incoming troops arriving here for the Foal Eagle 2003 exercise on the tarmac to collect basic information such as TDY orders, emergency locator cards, and other personal information.

"It's important to meet troops as they get off the plane," said Master Sgt. Alan Freeman, Elmendorf Air Force Base, Alaska. "Otherwise, once they're in position, we may never see them again."

Having members' personal information is beneficial for number of reasons, especially during a contingency, said Master Sgt. Billy Crider, Kunsan

Air Base, Korea.

"The Air Force Personnel Center, MAJCOM and members' home unit keeps records of all members deployed and when they arrive at the site," said Crider. "Higher headquarters can tell when a base is at full strength so operations can commence."

The accountability information is entered into a classified computer for Air Force higher headquarters to distribute daily reports tracking personnel around the world. Beyond accountability, the PERSCO team is responsible for casualty reporting and personnel support.

"After all the troops have arrived, we continue to monitor and maintain a constant duty status of troops," said Crider. "For example, if someone is put on quarters, we need to know where they can be reached. We also work with members' home units for those people who need to re-enlist, extend, or get sent home on emergency leave."

Once deployed, the PERSCO job is non-stop, and that means stress for team members.

"We're on call 24/7," said Crider. "During the exercise, and in war, nothing goes according to clockwork. We have unexpected arrivals at all times of the day and night."

"People come to us, telling us they need some roster in like ten minutes," added Mensinger. "You've got to be able to stay cool and not flip out. Many times, we're more assertive than people in a typical customer service environment because we need to get information right away."

In order to be PERSCO-trained, members must attend two six-week classes at Keesler Air Force Base,

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# PRIDE OF THE PACK





Staff Sgt. Kelly Crouse inspects systems within the rear landing gear compartments of the F-16. These thorough inspections give the 8th Fighter Wing reliable jets to “take the fight north.”



Staff Sgt. Russ Montague inputs data into a software system in development by ‘Dragon Phase’ that is designed to continually track phase discrepancies over the lifetime of an aircraft. Once fully implemented, it will provide valuable information to both maintainers and aircraft engineers to ensure that the aircraft fleet is “fit to fight.”



Tech. Sgt. Michael Martin (left) and Tech. Sgt. Shawn Bain (right), phase dock chiefs, sign out a technical order to Staff Sgt. Kelly Crouse (blue jumpsuit) before starting maintenance procedures on a F-16 that currently is in phase.



Staff Sgt. Kelly Crouse inspects an environmental control system ducts on an F-16 during a phase inspection.



Tech. Sgt. Bryan Pullin, golf phase dock chief, inspects speed brakes on an F-16 that is undergoing phase inspections and maintenance. About 20 crew chiefs work in the gold phase dock and 20 more in the blue phase dock.



Senior Airman Thomas Sullivan changes a leading edge flap torque tube grease boot on an F-16.

# PHASE ...



Photos by Staff Sgt. Jeremiah Erickson

Staff Sgt. Hank Wilson inspects an emergency power unit bay on an F-16 while Staff Sgt. Kelly Crouse provides technical guidance. The 8th Maintenance Squadron Phase dock crew chiefs tear into aircraft here every 300 hours to ops check all the systems and inspect the aircraft for any possible damage. Anything found that needs repair is done while their aircraft is in the phase dock. The shop normally has five days to inspect and repair an aircraft.

## Keeping Kunsan’s jets in the air

By Staff Sgt. Kelley Stewart  
8th Fighter Wing Public Affairs

Every year unit commander support staffs send out notices for personal health assessments to the people assigned to that unit during their birth month.

At these PHAs, blood is drawn, hearing and eyesight are checked, immunizations are updated and a variety of other tests are carried out depending on a person’s particular Air Force Specialty Code.

A similar check up is done to the F-16s assigned to the 8th Fighter Wing. After 300 flight hours, each and every F-16 is taken to the 8th Maintenance Squadron Phase dock to have it’s panels removed and systems checked out, as well as having every nook and cranny checked out from nose to tail before it’s allowed back onto the flightline.

How do the gold and blue phase docks accomplish this fete? They get their mission done through a thorough

inspection of the aircraft where crew chiefs look for things ranging from cracks in the metal to frayed wires.

Between these two phase docks, there are about 40 crew chiefs that tear into the F-16s to identify and fix any problems they uncover. The skill levels of these crew chiefs can range from a three level to a seven level.

These required inspections are important due to the age of the F-16 fleet at Kunsan Air Base. “A lot of the stuff we’re finding needs dispositions from the engineers,” said Tech. Sgt. Bryan Pullin, gold dock chief. “Some of it’s serious and some of it’s not so serious.”

Dispositions are items found on the aircraft that need to be fixed, but there is nothing in a technical order covering the repair so a request is sent to the engineers to either develop a fix or develop a stronger replacement part.

The standard time given to check the aircraft out with a fine tooth comb is five days, but “the wing has made a conscious decision to schedule it down for seven because of all the

things we’re finding to allow engineering dispositions to be approved,” said 1st Lt. Audrey Rampone, maintenance flight commander.

According to the lieutenant, the phase dock has submitted 22 dispositions this quarter.

“One of the things were doing to help the Air Force out, because we are finding things going wrong with the jet, is developing a database to track these “gigs” we’re finding and looking at trends,” Rampone said. “We plan on working with the engineers to improve the process and improve the product.”

An example of this teamwork is the development of a newer and stronger electrical bracket for the F-16. While in phase, crew chiefs noticed cracked electrical brackets on a few of the jets. The engineers developed a replacement bracket made of thicker steel, said Tech. Sgt. Michael Martin, blue dock chief.

Phase dock maintainers don’t do it all on their own, however. Coordination takes place with other

back shops like electronics and avionics to ensure specialists in those career fields check out and repair any problems to those systems on the aircraft while it’s pulled apart.

During pre-dock and post-dock meetings, superintendents from the back shops get together and schedule the days their people will be in phase working on their particular specialty.

“These jets fly a lot,” said Tech. Sgt. Shawn Bain, phase dock chief. “The inspections they get on the flightline keep them flying; however, we get to pull the panels off and look at things they [flightline crew chiefs] normally don’t get to nor do they have time to do out there. We get to thoroughly ops check all the systems. We have plenty of time and don’t have a flying schedule pressuring us. So if we have to tear the jet in half, that’s what we get to do.”

According to Martin, providing reliable and structurally sound jets to take the fight north is what the phase docks do.



Today

**Wolf Pack Wheels** Departs Kunsan for Osan AB at 7:30 a.m. and 6:30 p.m. The bus returns to base at 5 and 10:30 p.m. Tickets are \$10/\$9\* one way and \$20/\$18\* round trip. For more information, call 782-5213. \*Special Consideration for Airmen's Morale program.

**Free food** The Loring Club offers club members barbecue ribs 6 to 9 p.m. in the ballroom. For more information, call 782-4312 or 782-4575.

**Smorgasbord buffet** The Loring Club hosts a super smorgasbord 11 a.m. to 1 p.m.

**Friday tunes** A disc jockey plays rock 'n' roll and rhythm and blues at the Loring Club. For more information, call 782-4312 or 782-4575.

**Karaoke** Display your talent or cheer on others 8 p.m. to midnight at the Falcon Community Center.

**Howlin' Bowl** Bowling is \$8 per person or \$35 per lane 7 p.m. to 1 a.m. at the Yellow Sea Bowling Center.

**SonLight Inn meal** The 8th Maintenance Squadron transient alert hosts a dinner that includes spaghetti, salad, vegetables and garlic bread.

## Saturday

**9-pin tournament** The Yellow Sea Bowling Center has a 9-pin tournament at 6 p.m. The entry fee is \$13. For more information, call 782-4608.

**Country night** The Loring Club hosts country night in the ballroom. For more

information, call 782-4313 or 782-4575.

**E-Mart trip** The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Buses depart the base at 10 a.m., noon, 2 and 4 p.m. Buses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

**Wolf Pack Wheels** Departs Kunsan for Osan AB at 7:30 and 10 a.m. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

## Sunday

**Brunch Extravaganza** The Loring Club offers entrees and side dishes for Sunday brunch from 10:30 a.m. to 1 p.m. Price is \$11.95 per person for club members.

**Chess tournament** The community center hosts a chess tournament at 2 p.m. The winner receives a phone card.

**Chicken wings** The Loring Club has 10 cent chicken wings from 6 to 8 p.m. Loring Club has 10 cent chicken wings from 6 to 8 p.m.

**B-I-N-G-O** The Loring Club hosts bingo at 2 p.m. The early bird bingo game begins at 1:45 p.m.

**Rent-A-Lane** Rent a lane at the Yellow Sea Bowling Alley from 11 a.m. to 1 p.m. Cost is \$6 per hour. For more information, call 782-4608.

**Wolf Pack Wheels** Departs Kunsan for Osan at 7:30 a.m. and noon. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

**E-Mart trip** The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Buses depart the base at 10 a.m., noon, 2 and 4 p.m. Buses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

## Monday

**Pizza night** The Loring Club has 50 cent pizza from 6 to 8 p.m.

**Mexican buffet** The Loring Club has a Mexican buffet 11 a.m. to 1 p.m. The cost is \$5.85 for club members and \$6.85 for non-members.

**Double feature** The community centers offers a double feature movie madness at 6 p.m.

**Wolf Pack Wheels** Departs Kunsan for Osan at 7:30 a.m. The bus returns to base at

# 8th Fighter Wing Promotion Ceremony



The 8th Fighter Wing's promotion ceremony is Monday at 4 p.m. at the Loring Club. All promotees must be in place by 2 p.m. with sleeves down and their new rank sewn on. A reception is scheduled to follow the promotion ceremony. For more information, call Master Sgt. Jennifer Holloman at 782-4101.

5 p.m. Tickets are \$10 one way and \$20 round trip.

## Tuesday

**Hamburger special** The Loring Club offers a Kun burger for \$2 from 6 to 8 p.m.

**Oriental buffet** The Loring Club has an Oriental buffet 11 a.m. to 1 p.m. The cost is \$5.85 for club members and \$6.85 for non-members.

**Sumo wrestling** The Loring Club offers sumo wrestling beginning at 8 p.m. For more information, call 782-4312 or 782-4575.

**Wolf Pack Wheels** Departs Kunsan for Yongsan at 7:30 a.m. The bus returns to base at 3 p.m. Tickets are \$15 one way and \$30 round trip.

## Wednesday

**8-ball pool tournament** Test out your pool playing skills at the Loring Club's 8-ball pool tournament at 7 p.m. For more information, call 782-4312 or 782-4575.

**Free food** The Loring Club offers club members free roast beef sandwiches 6 to 9 p.m. in the ballroom.

**Texas barbecue** The Loring Club has a Texas-style barbecue buffet 11 a.m. to 1 p.m.

**Karaoke** Display your talent or cheer on others 8 p.m. to midnight at the Falcon Community Center.

## Thursday

**Yongsan Electronics Market** The community center offers a trip to the Yongsan Electronics Market or It'aEwon Saturday. This shopping tour takes you to the largest specialty market for electronic goods and computers in Korea. The market has more than 5,000 shops. The bus departs at 7 a.m. and returns at 8 p.m. If you plan on buying anything, bring Korean Won. For more information, call 782-4679.

**Spades night** The community centers hosts a spades night at 7 p.m. The winner receives a phone card.

**Italian buffet** The Loring Club has an Italian buffet 11 a.m. to 1 p.m.

**Country night** A disc jockey plays country at the Loring Club.

*Submit your events for 7-Days by sending an e-mail to wolfpackwarrior@kunsan.af.mil. Submissions must include the time, date, place, point of contact and a phone number.*

# English speaking volunteers

People interested in teaching English to students can do so 8:30 a.m. to 4 p.m. Saturday. Volunteers must have a date estimated return from overseas of no earlier than July 03. This volunteer opportunity requires a six month commitment. For more information, e-mail SongAe.Song@kunsan.af.mil.

# Mypay

Mypay allows military members to manage pay information, leave and earning statements, W-2s and more. Just visit [www.dfas.mil/mypay/](http://www.dfas.mil/mypay/).

## Education

**CCAF graduation** The spring 2003 Community College of the Air Force graduation ceremony is 10 a.m. April 22 in the Loring Club. Degree candidates need to call the education office to see if they are eligible to participate. All graduates, supervisors and commanders are encouraged to attend the ceremony. For more information, call 782-5148.

**Conversational Korean class** A free six-week conversational Korean class is offered 6 to 7 p.m. Tuesdays and Thursdays at building 1305. Students learn to speak and read basic phrases. If interested, e-mail Rosemary Song at SongAe.Song@kunsan.af.mil.

**OTS application acceptance** Officer Training School only accepts applications from individuals with technical degrees through October 2003, unless an individual is seeking a rated position. Call the education office at 782-5148 to find out what degrees qualify.

**Troop-to-Teachers** Troops-to-Teachers provides referral assistance and placement services to military personnel interested in beginning a second career in public education as a teacher. The DANTES Troops-to-Teachers office helps applicants identify teacher certification requirements, programs leading to certification and employment opportunities. The office's new Web site is [www.jobs2teach.doded.mil](http://www.jobs2teach.doded.mil).

**CLEP/DANTES** The education office offers CLEP/DANTES testing 8 a.m. Mondays and Fridays, and 8 a.m. and 1 p.m. Wednesdays. Call 782-5148 for an appointment. The Rosenblum Library offers a variety of CLEP and DANTES study material for loan. The library is open 9:30 a.m. to 9:30 p.m. daily.

**CDC testing** Career Development Course testing is 9 a.m. Thursdays in building 1053, room 3. Unit training managers must make appointments for testing.

## FSC

**TAP Workshop** The Family Support Center hosts a transition assistance program class 8 a.m. to 4 p.m. Topics include: job search, resume writing, interview techniques, career exploration, legal affairs, medical insurance, Veterans Affairs benefits, relocation decisions, etc. For more information, call 782-5644.

**Sponsorship Training** The Family Support Center gives sponsors the tools to help make new members' transition to Kunsan an easy one. Training is 10 to 11 a.m. every third Wednesday at the Sonlight Inn. Registration required, call 782-5644.

**Financial management** There's a per-

sonal financial management program class 2 to 3 p.m. in building 755, room 215. Air Force Instructions make this class mandatory for all E-4s and below at their first duty station. For more information, call 782-5644.

**Return, reunion** The Family Support Center hosts a return and reunion briefing 3:30 p.m. Tuesdays at the base theater. The briefing addresses the challenges of returning home after a separation.

**Smooth Move** A briefing to answer questions about permanent-change-of-station moves is 1 to 2:30 p.m. the second Wednesday of the month at the SonLight Inn. Legal, finance, housing, and medical experts provide information. Registration required, call 782-5644.

**Survival Korean** language class Two-hour class teaches students how to read and write the Korean alphabet and also includes basic travel expressions. Class is 5 p.m. Thursday. Registration required, 782-5644.

## Volunteer Opportunities

**CISM peer counselors** The life skills support clinic seeks volunteers interested in becoming critical incident stress management counselors. Counselors receive training. For more information, call Capt. Robert Vanecek at 782-4562.

**Korean orphanage** The military equal opportunity office seeks volunteers to help at the local Kae Chong Orphanage on a weekly basis. On Thursdays, Wolf Pack personnel spend some time with about 40 children. A bus departs at 6:30 p.m. from the military personnel flight parking lot. There's an English session and snack time. If interested in volunteering about two hours, call Tech. Sgt. David Madsen at 782-5371.

**Commissary bagging** Base members can volunteer to sack groceries 1:30 to 6:30 p.m. weekends for tips. Sign up at the commissary.

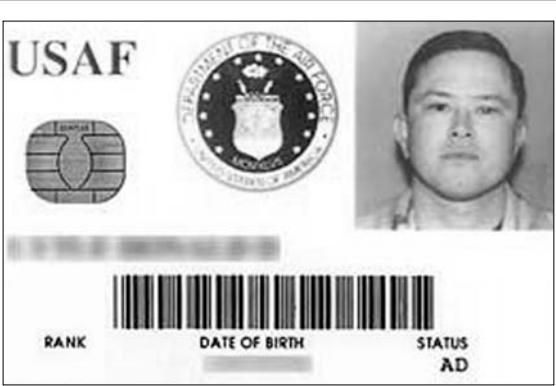
## Chapel

**Protestant services** General Protestant Worship Service is 11 a.m. Sundays and the Contemporary Praise and Worship Service/Bible study is 7 p.m. Wednesdays. Both services are conducted in the chapel. For information about any chapel services, call 782-4300.

**Gospel** Gospel services are 12:30 p.m. Sundays and the Inspirational Praise and Worship Service is 7:30 p.m. Fridays at the chapel.

**LDS** Services are 3 p.m. Sundays at the chapel.

**Church of Christ** Services are 9:30 a.m.



File photo

**SMART CARD:** Everyone is required to have the new Department of Defense common access card by May 1. The 8th Mission Support Squadron's military personnel flight customer service section issues the new common access card, and commanders' support staffs can make an appointment with customer service to have the new ID card made for people who don't have one. The card has a 32 kilobyte embedded computer chip, magnetic stripe and two bar codes. The "Smart Card" is the replacement to the standard military identification card.

Sundays at the SonLight Inn, room 1.

at the SLI, room 2.

**Catholic services** Mass is 5:30 p.m. Saturdays, 9 a.m. Sundays and 11:30 a.m. Monday through Thursday at the chapel. Catholic Reconciliation is by appointment Monday through Thursday and 4:30 to 5 p.m. Saturdays. R.C.I.A. is 7 p.m. Wednesdays in the chapel conference room. An "Overview of the Scriptures" is 7 p.m. Thursdays in the chapel conference room.

**SonLight Inn hours** The SonLight Inn is open 6 p.m. to 10 p.m. Mondays through Thursdays, 6 p.m. to midnight Fridays, 8 a.m. to midnight Saturdays and 8 a.m. to 10 p.m. Sundays. For more information, call 782-5466.

**Prayer & Bible studies** The chapel hosts several prayer and Bible study groups at the chapel and Sonlight Inn. Groups include:

☐ Adult Sunday School, 9:30 a.m. Sundays, SLI, room 3.

☐ Basic Christian Training, 9:30 a.m. Sundays at the SLI, room 3.

☐ Korean-American Bible Study, 7:30 p.m. Mondays at the SLI, room 1.

☐ Women's Fellowship, 7 p.m. Tuesdays and every third Thursday at the SLI, room 2.

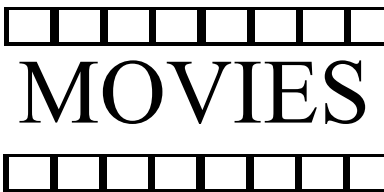
☐ Mid-Week Spiritual Boost, 12:15 p.m. Wednesdays at the chapel.

☐ Intercessory Prayer, 8:30 p.m. Saturdays

## Miscellaneous

**INFOCON information** U.S. Forces Korea has directed a heightened Information Condition of "Alpha-Plus." Similar to force protection condition levels, INFOCON is a tiered, measured approach of protecting government voice and data capabilities from Information Warfare threats. The following are things people need to be know: There may be an increased threat of eavesdropping on phone calls and e-mails; there may be increased attempts to disrupt the ability to communicate; and there may be attempts to disseminate false information/propaganda. To prevent these disruptions practice good operational security — don't divulge operational details over unclassified communication systems; be careful not to do divulge OPSEC during morale calls and e-mails; watch for computer viruses and don't open or forward suspicious e-mail; be careful when using LMRs and cell phones; use a computer screensaver with password protection; don't divulge your password to anyone; and after duty hours, log off, but leave your computer powered on. The 8th Communications Squadron "pushes" security patches in the evenings. For more information, call 782-COMM.

*Submit your events for Bulletins by sending an e-mail to wolfpackwarrior@kunsan.af.mil.*



### Saturday and Sunday Matinee

"Kangaroo Jack" (PG) Starring Jerry O'Connell and Anthony Anderson. 3 p.m.

### Saturday

"The Hunted" (R) Starring Tommy Lee Jones and Benicio Del Toro. 7 p.m.

### Sunday

"The Hunted" (R) 7 p.m.

### Monday

"Darkness Falls" (PG-13) Starring Chaney Kley and Emma Caulfield. 8 p.m.

### Tuesday

"A Guy Thing" (PG-13) Starring Jason Lee and Julia Stiles. 8 p.m.

### Wednesday

"A Guy Thing" (PG-13) 8 p.m.

### Thursday

"Old School" (R) Starring Luke Wilson and Will Ferrell. 8 p.m.



## Tonight

"Daredevil" (PG-13) Starring Ben Affleck and Michael Clarke Duncan. 7 and 9:30 p.m.

## Happy birthday!

The O'Malley Inn dining facility hosts the monthly birthday meal April 13 at 6:15 p.m. People with a birthday in April should register with their first sergeant to attend.

## Need a taxi

Need a ride? Call 782-4318 for the taxi service. Just give them your name, location and destination.

### For Sale

**1993 Jeep** 1993 Asia Rocsta 4X4 (Jeep), 5 spd, A/C, CD/AM/FM, tint, PW, PS, PB, 30x9.5X16 mud tires. Excellent jeep! Will get you where you anywhere you want to go and back \$1,500 OBO. Call Aaron Binkley at 782-5784 (work) or 466-0726 (home).

### Pleather jacket

Large size, officially licensed Chicago Bears jacket with hood. Great condition, too large for me for \$25. Two 128MB memory chips for Pentium III laptops. \$25 each chip. Call Lani Nishimura at 782-4282 (work) or 782-7626 (home) or e-mail nishi16@ycos.com.

**Sociology book** "Sociology In a

### Wanted

**Lost** Male wedding ring. Last time seen in gym March 12. It's a plain gold wedding band. Limited to no monetary value but significant sentimental value. If found contact Master Sgt. Derick A. Jackson, 782-4622.

Changing World" for Introduction to Sociology 100. Book was originally \$75, will sacrifice for \$35. Call Ruby Salvino at 782-5945 (work) or 782-9164 (home).

**Items for sale** Five each 1KV transformers, two each 2KV transformers, three each 3KV transformers. All 220 volt to 115 volt transformers are available after Thursday. Call Steve Peele at 782-4508 (work).

**Sharp TV** Black Sharp 21-inch color television with remote. In great working condition. PCSing and looking to sell for \$50 OBO. Call Josh Shelton at 782-9612.

**Bass player for rock band** Looking for someone interested in playing classic rock, 80's and 90's rock. We already have a P.A. system. If interested, call Tech. Sgt. Mark Butler at 782-7588 (home) or 782-4784 (work) or Staff Sgt. Thomas Smith at 782-5474 (work) or 782-9597 (home).

**Donations** Donate unwanted clothes, electronics and household goods before PCSing. Call Master Sgt. Larry Kirkpatrick at 782-9178 or bring items to building 1245, first floor.

# Intramural hoops: And the winner is ...

## Over 30 basketball champions

March 19	March 20
CES 35	Kun Dawgs 34
Kun Dawgs 45	MDG
MDG 41	MDG 41
COMM A 46	

Members of the championship MDG team:

Gary Folwer  
Tryo Schroeder  
Dion Telting  
Timothy Stout  
Lonnie Franklin  
Michael Briggs  
Paul Holland  
Marvin Neely  
Tommy Jones  
Willie Burns

## Intramural basketball champions

March 19	March 20
CES A 48	CES A 49
MDG 44	CES A
COMM A 58	COMM A 41
Dirty Birds 50	

Members of the championship CES A team:

William Ziemann  
Anderson Walker  
John Eaton  
Tyler Jensen  
Quincy Davis  
Calvin Crawley  
Mark Campbell  
JJ Franks  
Milton Miranda

## Women's History Month: 5K run, health fair



1st Lt. Lisa Moreno, 8th Services Squadron, has her blood pressure checked by Capt. Dina Malone and Mrs. Choe, Yong Sun, 8th Medical Group, during the health fair at the fitness center Saturday in observance of Women's History Month.



Tech. Sgt. Alex Alverio, 8th MDG, draws blood to perform a cholesterol and diabetes screen on Staff Sgt. Charles Davis, 8th Fighter Wing Manpower Office, Saturday at the health fair.



Photos by Staff Sgt. Maritza Freeland

Runner's kick off the Women's History Month 5K run Saturday at the fitness center. Airman James Holko, 8th Security Forces Squadron, was the first male to cross the finish line in the under 30 category with a time of 17:54. Maj. Patrick Kennedy, 8th Logistics Readiness Squadron commander, was the first to cross the finish line in the male over 30 category with a time of 20:44. Capt. Beth Myers, 8th Operations Support Squadron, was the first woman to cross the finish line in the over 30 category with a time of 26:20.

## SPORTS SHORTS

**Crud judges**  
The Loring Club is looking for crud judges to officiate the 2003 Pacific Air Forces Crud Tournament today. Judges must be experienced with the rules of the game and must be an officers' club member. For more information, call Don Montgomery, crud coordinator, at 782-4312 or 782-4575.

**Officials clinic**  
There is a clinic for people wanting to be softball umpires and other sporting officials today 6 to 9 p.m. For more information, call Allen Spivey at 782-7171 or e-mail allen.spivey@kunsan.af.mil.

**Air Force women's soccer**  
Anyone interested in trying out for the Air Force women's soccer team needs to submit an Air Force Form 303 to the fitness center by Thursday. For more information, call the fitness center at 782-4026.

**Air Force Tae Kwon Do**  
Anyone interested in trying out for the Air Force Tae Kwon Do team needs to submit an Air Force Form 303 to the fitness center by Saturday. For more information, call the fitness center at 782-4026.



**Registration for USAF Marathon**  
Registration is underway for the 2003 U.S. Air Force Marathon scheduled for Sept. 20. Reduced fees for early registration are available until June 30. Registration deadline is Sept. 4. To register, visit the marathon Web site at <http://afmarathon.wpafb.af.mil/>, or call the marathon office at (937) 257-4350 or (800) 467-1823.

**Lifeguards needed**  
The fitness center seeks responsible individuals to be lifeguards for this season. If interested, stop by the fitness center or call Tech. Sgt. Jeffrey Overly at 782-4026.

### Martial Arts Classes

**Budo Taijutsu/Ninjutsu**  
Noon Saturday and Sunday - FREE

**Tae Kwon Do**  
8 to 9 p.m. Monday to Thursday

**Kuk Sool Hapkido**  
7 a.m. and 7 p.m. Monday to Friday

**Tang Soo Do**  
6 a.m. and 7 p.m. Monday to Friday

### Aerobics Classes

**Monday**  
5:30 a.m. - Aerobics  
5:45 p.m. - 15-minute Abs  
6 p.m. - Step Challenge

**Tuesday**  
5:30 a.m. - Aerobics  
6 p.m. - Step Challenge

**Wednesday**  
5:30 a.m. - Aerobics  
5:45 p.m. - 15-Minute Abs  
6 p.m. - Kickbox

**Thursday**  
5:30 a.m. - Aerobics  
6 p.m. - Step Hi/Lo

**Friday**  
5:30 p.m. - Aerobics  
6 a.m. - Boot camp

**Saturday**  
10 a.m. - Step Mountain  
11 a.m. - 15-minute Abs

## PACAF - FIT TO FIGHT

## SCORES & MORE

BOWLING		
American League		
	W	L
Red Devils	123	53
Fabrication	122	54
8 Supply A	104	72
8 Med Dawgs	102	74
8 COMM A	95	81
8 MOS	77	75
8 SVS	90	86
8 TRANS	86	90
8 OSS A	84	92
Munitions 2	84	92
35th AMF	80	96
8 SFS	80	96
80th AMF	70	106
8 COMM B	70	106
GateKeepers	63	113
Army	31	145

National League		
	W	L
Kwang Ju	108	60
PMEL	101	67
Bad Ammo	99	69
Avionics	95	73
Big Green Truck	94	74
Wing Dings	91	77
Fuels Shop	84	84
OSS Dumb Bells	84	84
QA "Buzzards	84	84
8 CPTF	84	84
Munsons	78	90
80th AMF B	76	92
8 Med GP B	74	94
Jack Stogies	74	94
8 Med GP C	68	100
Post Office	44	124

## Playing contact sports?

❑ The Kunsan Preventive Dentistry Committee recommends participants playing in high contact sports including baseball, basketball and soccer, obtain and wear properly fitting mouth guards.

*For more information, call the dental flight at 782-4943.*

## Personal trainers

The fitness center has personal trainers on staff to help people set up personalized workout programs. For more information, call 782-4026.



## Tobacco Fact

Nicotine is a drug found naturally in tobacco. It is highly addictive, as addictive as heroin and cocaine. Over time, the body becomes physically and psychologically dependent on nicotine.

— American Cancer Society, 2003  
The Health and Wellness Center offers free smoking cessation classes. For more information, call 782-4305.

## Enjoy spring activities with a healthy heart

By Maj. Gordon H. Campbell  
Kunsan Health and Wellness Center

The temperature outdoors is starting to rise. Spring is in the air, and many people will start thinking about all the possible outdoor activities to enjoy this summer.

The question is, will you have the physical ability to participate in the activities so many Americans take part in every year? It not only takes the time but a healthy body.

A healthy heart is a very important part of a healthy body that enables you to be physically active. When it becomes weakened by disease, your ability to tolerate physical activity decreases.

Unfortunately, for so many Americans, our own habits are the cause of the majority of heart disease. Tobacco, high cholesterol, high blood pressure, physical inactivity, obesity, and diabetes are the top causes of heart disease, in that order.

According to the American Heart Association, cigarette smoking causes over 440,000 deaths per year in America. Smoking increases your risk of heart attacks, and having high blood pressure decreases your ability to do physical activity and increases the chance of getting a blood clot.

Production of blood clots inside blood vessels are what cause heart attacks and strokes. Women have an even higher risk of blood clots if they use birth control pills and smoke.

## Protecting Americans from ephedra's health risks

### Study shows no positive effects from supplement's use

By G.W. Pomeroy  
Air Force Surgeon General Public Affairs

WASHINGTON — Acting on the release of a government-funded study, the Department of Health and Human Services announced a series of actions designed to protect Americans from potentially serious risks of dietary supplement products containing ephedra.

The results of a Rand Corporation study commissioned by the National Institutes of Health provides additional evidence that ephedra may be associated with important health risks, according to a Food and Drug Administration statement. The Rand report also finds "only limited evidence of health benefits resulting from ephedra use."

Air Force Surgeon General officials have repeatedly "strongly advised" people to contact their physicians or health-care providers before taking dietary supplements containing ma huang, ephedra or ephedra alkaloids.

As a result of the study, the FDA proposed warning labels for all ephedra-containing dietary supplements. The proposed label warns about the risks of serious adverse events, including heart attack, seizure, stroke and death; cautions that the risk can increase with the dose, with strenuous exercise and with other stimulants such as caffeine; specifies certain groups

You should be getting the picture now; you just cannot win with smoking. Tobacco use also increases your "bad" cholesterol and decreases your "good" cholesterol.

Many medical studies have now concluded that high cholesterol levels in the blood leads to an increase of arteriosclerosis, or hardening of the arteries. Higher cholesterol levels can be due to either your bad habits or from a genetic predisposition. The best way to deal with your cholesterol is to have it checked periodically.

If it becomes elevated, there are several things you can do to get it under control to include diet, exercise, and medical treatment. If you add elevated cholesterol to untreated high blood pressure, the effects are even more devastating.

An article from the Oregon Health Sciences University, published in 2001, showed 23 percent of men and 25 percent of women over the age of 18 have high blood pressure. For African Americans, high blood pressure is increased by 30 to 50 percent over those of European descent.

Elevated blood pressure puts an increased strain on your heart causing it to enlarge and weaken. It also causes accelerated arteriosclerosis — hardening of the arteries — increasing your risk of a heart attack or stroke. All these effects on your heart decrease your ability to tolerate exercise.

Moderate to vigorous exercise is a great tool to help get your cholesterol down, lower your blood pressure, and

prevent diabetes and obesity. The more vigorous your activity, the greater your benefits.

Along with a healthy diet, exercise can keep you off the Air Force Weight Management Program; a program that is on the minds of most Air Force members. Being over weight puts a strain on your heart, increases your risk for heart attacks, high cholesterol and diabetes.

According to the American Diabetes Association, 17 million Americans, or just over 6 percent of the population, have diabetes. Unfortunately one-third of those do not know it. The risk of heart disease is doubled in someone with diabetes and even higher if you go undiagnosed and untreated. Getting checked is a simple blood test. The best prevention is a healthy diet and regular exercise.

As you can see, a healthy diet and a regular vigorous exercise program are vitally important to your heart and your life. If I had to pick one thing to do that will decrease my risk of heart disease, it would be regular exercise.

Now that we at Kunsan Air Base can see spring coming, make it your goal to start a regular vigorous exercise program for life. Find activities you enjoy and vary them.

Varying your activity helps to keep you interested and increases your enjoyment. You only have one heart. Keep it healthy.

For more information on dieting or exercise, call the health and wellness center at 782-4305.



# Tent city life

*Making TDY people comfortable*



Airman 1st Class Tyler Dreher, left, and Airman 1st Class Ben Peredo, right, both deployed to Kunsan from 49th Fighter Wing Holloman Air Force Base, N.M., take a break from their duties by playing Playstation in the dayroom tent located in tent city at Wolf Pack Park Wednesday.



Photos by Staff Sgt. Chuck Walker

Tech Sgt. Russell Jameson, left, 8th Services Squadron, checks Staff Sgt. Ruddle Ramsey into tent city while others wait in line Wednesday.



Staff Sgt. Jeremy Clark, 49th MXS, shops in the base exchange set up at the tent city.



Airman 1st Class Danny Wilby, 49th Maintenance Squadron egress mechanic, makes his bunk.



Staff Sgt. Ruddle Ramsey, a night shift crew chief, deployed to Kunsan from the 49th FW, shaves in Wolf Pack Park's tent city Wednesday morning.



Senior Airman Morizel Hodges, 49th FW, takes a break from duty by surfing the internet at the tent city dayroom.



Right, Senior Airman Erick Castro, 49th Logistic Readiness Squadron, sleeps in his tent located in Wolf Pack Park's tent city.



Airman 1st Class Danny Wilby, 49th MXS, makes a call home from the dayroom tent.